CLAIMS

1. An optical information recording carrier comprising a substrate and at least one recording film provided over the substrate, with which information is recorded on the recording film by irradiation with recording light having a predetermined wavelength λ,

wherein the recording film comprises a heat-generating layer and at least one dielectric layer provided in contact with the heat-generating layer, and

the heat-generating layer and the dielectric layer are substantially transparent with respect to light of the wavelength λ, and have a predetermined thickness and a predetermined refractive index with which the electrical field intensity of the recording light is at its maximum at an interface between the heat-generating layer and the dielectric layer.

2. The optical information recording carrier according to Claim 1, wherein the dielectric layer is provided in contact with the heat-generating layer on both sides of the heat-generating layer.

3. The optical information recording carrier according to Claim 1, wherein, if $\lambda 1$ is the wavelength of the recording light within the heat-generating layer, the thickness of the heat-generating layer is $(n1 \times \lambda 1)/2$, where n1 is an integer of at least 1.

4. The optical information recording carrier according to Claim 1, wherein, if $\lambda 2$ is the wavelength of the recording light within the dielectric layer, the thickness of the dielectric layer is $(n2 \times \lambda 2)/2$, where n2 is an integer of at least 1.

5. The optical information recording carrier according to Claim 1, wherein a plurality of said recording films are provided, and a recording film separating layer that is substantially transparent with respect to light of the wavelength λ is disposed between adjacent recording films.

6. The optical information recording carrier according to Claim 1, wherein the heat-generating layer contains at least one compound

selected from among tellurium oxide, lithium niobate, zinc oxide, titanium oxide, and bismuth oxide.

7. The optical information recording carrier according to Claim 1, wherein the dielectric layer is formed from a resin.

8. The optical information recording carrier according to Claim 1, wherein the dielectric layer contains at least one compound selected from among silicon dioxide, magnesium fluoride, calcium fluoride, indium oxide, and tin oxide.

9. The optical information recording carrier according to Claim 1, wherein the dielectric layer is formed from a thermoplastic material.

10. The optical information recording carrier according to Claim 1, wherein the heat-generating layer generates heat by absorbing multiple photons near its interface with the dielectric layer.

11. The optical information recording carrier according to Claim 1, wherein the heat-generating layer and the dielectric layer have mutually different coefficients of thermal expansion.